



# TERM 1 MENU

**smart  
choice**

## DAILY SPECIALS

### MONDAY

Grilled Chicken Burger w/ tomato, lettuce & aioli	\$4.50
Pasta Carbonara (Low-fat milk & Cheese)	\$4.50
Mild Chicken Tikka Masala w/ Naan bread	\$4.50

### TUESDAY

Gourmet beef Burger w/ tomato, lettuce & aioli	\$4.50
Tandoori Chicken Strips w/ Basmati Rice	\$4.50
Chicken Cacciatore pasta w/Mediterranean vegetables	\$4.50

### WEDNESDAY

BBQ Meatball sub w/ melted Low-fat Cheese	\$4.50
Mild Madras Chicken Curry w/ Jeera rice	\$4.50
Chicken & Spinach pasta	\$4.50

### THURSDAY

Grilled Steak Sandwich in Turkish bread	\$4.50
Spaghetti Bolognese w/ Vegetables	\$4.50
Mild Thai Chicken curry w/ Jasmin rice	\$4.50

### FRIDAY

Hawaiian Pizza w/ nap sauce, ham & pineapple	\$4.50
Beef & Vegetable Lasagne Lean beef mince & vegetables	\$4.50
Butter Chicken Curry w/ Pilaf Rice	\$4.50

## EVERYDAY MENU

### SANDWICHES, ROLLS & WRAPS

(Choose from a choice of sandwich, roll & wrap)

Cheese & Tomato	\$2.50
Ham & Cheese	\$3.00
Chicken & Cheese	\$3.00
Salad Only	\$2.50
Jam or vegemite w/ butter	\$3.00

### TOASTED SANDWICHES

Ham & Cheese	\$3.00
Chicken & Cheese	\$3.00
Cheese & tomato	\$2.50
Vegemite & Cheese	\$2.50

### COOL CHOICES

Fruit Salad	\$2.50
Watermelon Wedge	\$1.50
Fresh salad (lettuce, tomato, cucumber & carrot w/ light dressing)	\$3.00
Plain Milk 225ml	\$2.50
100% Fruit Juice 250ml	\$3.00
Water 350ml	\$2.50

Any dietary or allergen requirements will be accommodated upon request

Our menu is nut-free.